

ARF Partnering Organizations

Adolescent & School Health Program - Nebraska School Nurse Association

The program provides consultation, education, and technical assistance to 600+ school nurses serving 640+ public schools and serves as a resource expert on school nursing practice, and adolescent and school health. For more information log on to www.hhs.ne.gov/ash/ashindex.htm

American Heart Association, Nebraska Affiliate

The American Heart Association has come on board with the recommendations of the CDC and NASPE to increase daily physical activity for all students in elementary and secondary schools. Jump Rope for Heart and Hoops for Heart are two major programs sponsored by AHA. For more information log on to www.americanheart.org. Click under "Get local info" to find the office nearest you.

Nebraska Action for Healthy Kids

Action for Healthy Kids (AFHK) is a nationwide initiative dedicated to improving the health and educational performance of children through better nutrition and physical activity in schools. For more information log on to www.actionforhealthykids.org and click on Nebraska, under the heading "Find a State."

Nebraska Association for Health, Physical Education, Recreation & Dance

NAHPERD is a statewide professional organization that supports the mission and goals of the American Alliance for Health, Physical Education, Recreation and Dance. NAHPERD conducts a yearly conference, provides awards, and produces a quarterly newsletter. For more information log on to www.nebrwesleyan.edu/groups/nahperd/index.html



Nebraska Dairy Council

NDC contributes to optimal health through leadership in nutrition research and education by encouraging food selection patterns that include dairy foods and other major food categories in accordance with scientific recommendations. For more information, log on to www.drinkmilk.org

Nebraska Department of Education - Health & Physical Education Section

The NDE has a Health and Physical Education Consultant who interacts with schools and institutions of higher education to provide guidance on the latest research and best practices in the fields of health education and physical education. For more information log on to www.nde.state.ne.us/PEHealth/

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Nebraska Local/District Health Departments

The HHS System has offices serving each of Nebraska's 93 counties. Log on to **www.hhss.ne.gov/lhd** to find contact information in your area.

Nebraska on the Move

A state affiliate of America on the Move (AOM), a national initiative dedicated to helping individuals and communities across our nation make positive changes to improve health and quality of life. NOM and AOM encourage walking 2,000 extra steps and consuming 100 fewer calories daily. For more information visit the website at **www.americaonthemove.org** Click on Nebraska under the "My Community" icon.

Nebraska Sports Council

The Nebraska Sports Council features two physical activity programs, Cornhusker State Games and N-Lighten Nebraska. For more information on Cornhusker State Games or N-Lighten Nebraska, log on to: **www.cornhuskerstategames.com** or **www.n-lightennebraska.com** or **www.n-lightenkids.com**

Office of Women's Health – NHHSS

The OWH was created in 2000 to help improve the health of women in Nebraska by fostering the development of a comprehensive system of coordinated services, policy development, advocacy, and education. For more information, log on to **www.hhss.ne.gov/hew/owh/**

University of Nebraska 4-H Program – YOUth in Motion

The 4-H program is encouraging physical activity and healthy eating habits through its new project, YOUth in Motion, for youth in grades 5-7. For more information, log on to **<http://4h.unl.edu/>**

YMCA of Nebraska

On a national level, the YMCA is the largest not-for-profit community organization in America. The YMCA has been a long-time leader in community-based health, fitness, and aquatics. Nebraska has 28 local organizations within 15 communities. For more information, log on to **www.ymca.net** and enter your zip code to find the YMCA nearest you.